

Moygownagh Loop Walks

Information Guides

April 2018.

A chara, our friend,

You are very welcome to explore our community walks and please contact us for any information or suggestions on how it may be improved. We ask that you be mindful of others and the environment as you enjoy our trails and please adhere to the 'Leave no Trace' principles below.

Thank you!



Liam Alex Heffron
Heritage Officer
Moygownagh Community Council

The 7 'Leave no Trace' principles
*At the heart of Leave No Trace are 7 principles
for reducing the damage caused by outdoor activities.*

Plan Ahead and Prepare

- Before you go check, where possible, if access is allowed and your activity is permitted in the area you wish to visit.
- Respect any signs, regulations, policies and special concerns for the area that you wish to visit. Permits may sometimes be needed for activities on public lands.
- Where possible travel by public transport or share cars; consider the availability of parking.
 - Ensure you have the skills and equipment needed for your activity and to cope with emergencies that could arise.
 - Check the weather forecast and always be prepared for changing weather conditions.
- For environmental and safety reasons, and to minimise your impact on other users, keep group numbers small; split larger parties into smaller groups.

Be Considerate of Others

- Respect the people who live and work in the countryside.
- Park appropriately - avoid blocking gateways, forest entrances or narrow roads. Remember that farm machinery, local residents and the emergency services may need access at all times.
 - Take care not to damage property, especially walls, fences and crops.
 - Respect other visitors and protect the quality of their experience.
 - Let nature's sounds prevail. Keep noise to a minimum.

Respect Farm Animals and Wildlife

- Dogs should be kept under close control and should only be brought onto hills or farmland with the landowner's permission. Some public areas stipulate that dogs must be kept on a lead at all times, please adhere to local guidelines.
 - Observe wild animals and birds from a distance. Avoid disturbing them, particularly at sensitive times: mating, nesting and raising young (mostly between spring and early summer).
- Keep wildlife wild, don't feed wild animals or birds - our foods damage their health and leave them vulnerable to predators.
 - Farm animals are not pets; remain at a safe distance.

Travel and Camp on Durable Ground

Durable ground includes established tracks and campsites, rock, gravel, dry grasses or snow.

In popular areas:

- Concentrate use on existing tracks and campsites.
- To avoid further erosion, travel in single file in the middle of the track even when wet or muddy.

In more remote areas:

- Disperse use to prevent the creation of new tracks and campsites.
 - Avoid places where impacts are just beginning to show.
- If camping:
 - Protect water quality by camping at least 30m from lakes and streams.
 - Keep campsites small and discreet.
 - Aim to leave your campsite as you found it, or better.

Leave What You Find

- Respect property. For example, farming or forestry machinery, fences, stone walls etc. Leave gates as you find them (open or closed).
- Preserve the past: examine - without damaging - archaeological structures, old walls and heritage artefacts e.g. holy wells, mine workings, monuments.
- Conserve the present: leave rocks, flowers, plants, animals and all natural habitats as you find them. Fallen trees are a valuable wildlife habitat; do not remove or use for firewood.
 - Avoid introducing non-native plants and animals e.g. zebra mussels in rivers and lakes.
 - Do not build rock cairns, structures or shelters

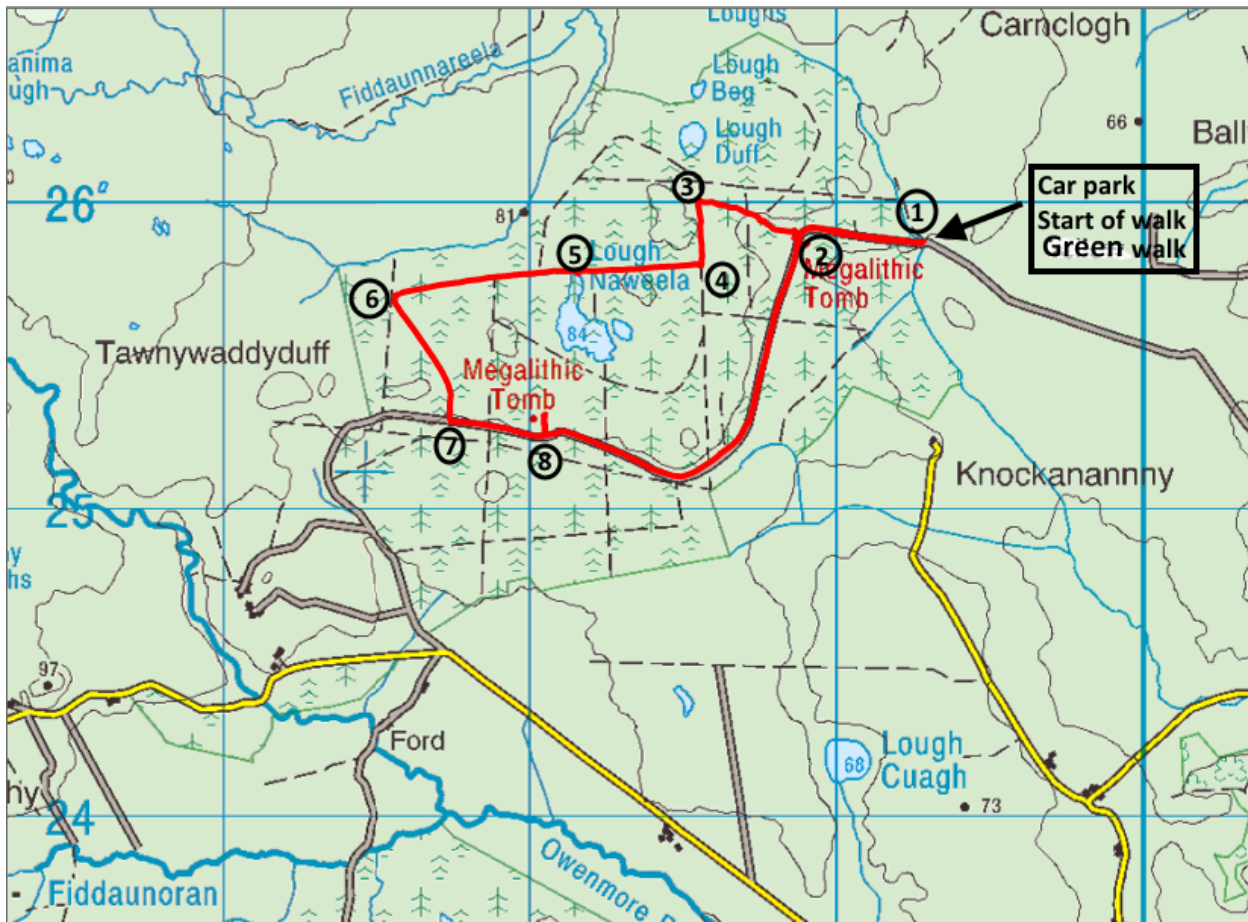
Dispose of Waste Properly

- "If You Bring It In, Take It Out" - take home all litter and leftover food (including tea bags, fruit peels and other biodegradable foods).
- To dispose of solid human waste, dig a hole 15-20cms deep and at least 30m from water, campsites and tracks. Cover and disguise the hole when finished.
 - Bring home toilet paper and hygiene products.
- Wash yourself or your dishes 30m away from streams or lakes and if necessary use small amounts of biodegradable soap. Bring home any solids and scatter strained dishwater.
- For more information on sanitation in the outdoors read the "Where to go in the outdoors" leaflet

Minimise the Effects of Fire

- Fires can cause lasting impacts and be devastating to forests, natural habitats and farmland. Therefore when camping use a lightweight stove for cooking.
- Where fires are permitted: Use established fire rings, barbecues or create a mound fire.
- Keep fires small. Only use sticks from the ground that can be broken by hand. Do not use growing vegetation for use as firewood.
 - Avoid burning plastics or other substances: which emit toxic fumes.
 - Burn all fires to ash, put out fires completely, and then scatter cool ashes.

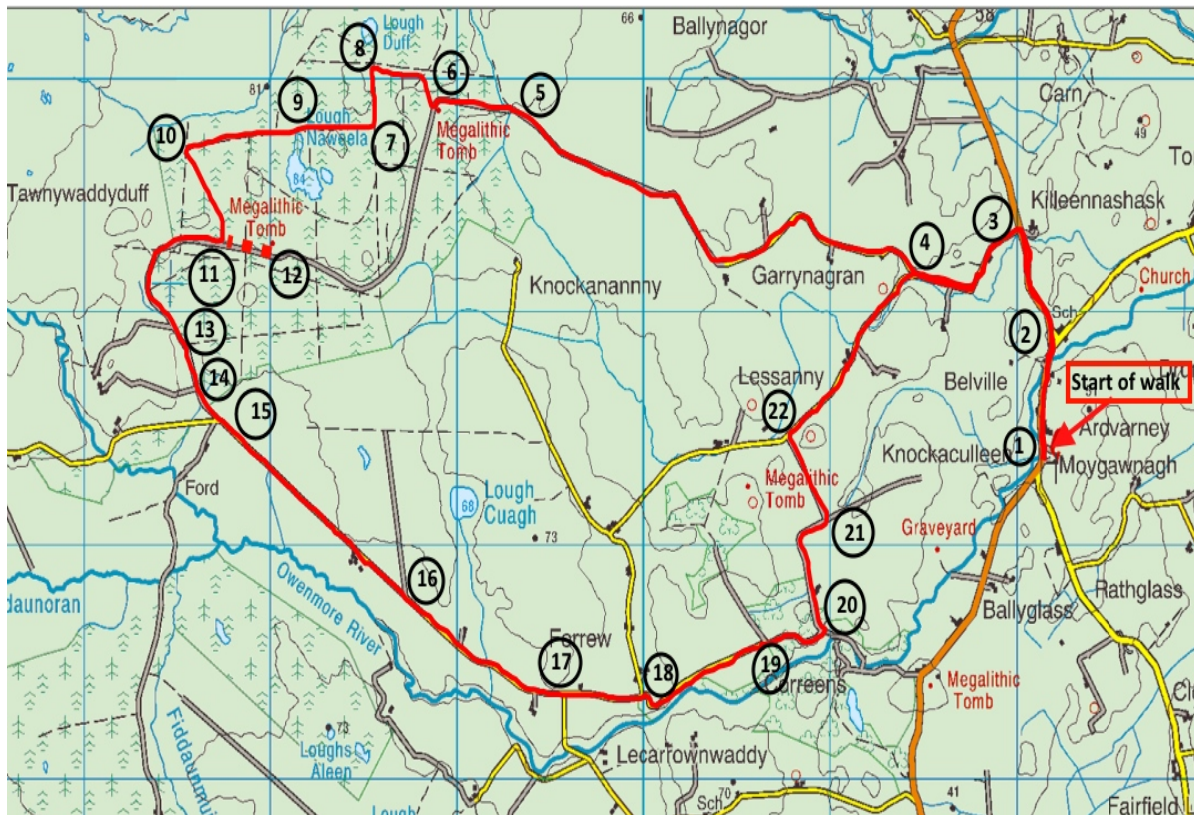
Blanemore Forest Walk



Location (Click on Google maps link here)	Moygownagh, Co. Mayo
Format – Linear or Looped	Looped Walk
Ascent - total ascent in meters	Blanemore Forest Walk – gradual 20m ascent and descent
Grade: www.irishtrails.ie/Sport_Ireland_Trails/Publications/Trail_Development/Classification_Grading_of_Recreational_Trails.pdf	Blanemore Forest Walk – Class 3 - Green coded walk- easy to moderate, short 1-2hrs duration, suitable for all levels of fitness.
Time to walk the trail	Blanemore Forest Walk 1-2hrs duration
Are dogs allowed?	Yes
Description of waymarking (colour of arrows and background)	Blanemore Forest Walk – Green on white background
Nearest town or village to start and distance from trailhead	Blanemore Forest Walk is 4km from Moygownagh village.
Services such as car parking, shops, restaurants/cafés, accommodation etc. available in above	Yes, Moygownagh village has accommodation, café, supermarket, public toilets, pub and car parking.
Any services such as car parking, toilets, shops, restaurants/cafés, accommodation etc. at trailhead	Blanemore Forest Walk has car parking at trailhead.
Start point	Blanemore Forest Walk begins at Blanemore Forest entrance.

Grid reference of start point: (Click on Google maps link here)	Blanemore Forest Walk 54.17375077938499 Latitude -9.390357028738435 Longitude
Finish point (if different from start)	Same
Grid reference of finish point (if different from start)	Same
More information	www.blanemoreforest.com Also a FREE smartphone app is available for Android or iPhones from the website to self guide you around the various monuments and sites on the walk with audio clips and videos. A more detailed guide is also available on the website.
OSI Discovery Series map sheet number/s	23
Trail management details for public to contact, regarding any queries or issues	Moygownagh Community Council, The Community Centre, Moygownagh, Co. Mayo Email: moygownaghe@eircom.net http://www.moygownagh.ie
Public transport (bus or train)	Bus Eireann, no. 455 Ballina-Moygownagh-Crossmolina (Tuesdays only)
Brief description of trail (this should highlight the attractions, views, terrain and general impression of the trail rather than giving directions)	Moygownagh is a village on the R315, 8 kilometres north of Crossmolina and twenty kilometres from Ceide Fields. It is noted for its strong community ethic as well as some fine archeological sites to be seen on the Blanemore Forest archeological walk. Six thousand years of history lie in this conifer woodland, set on a gravel ridge above the wild and ancient bog-lands of North Mayo. Explore the sacred tombs and field walls of our first farmers. Walk among the mysterious standing stones of the bronze age and sit with the brooding dark beauty of Lough Naweela. This is a unique walk through Blanemore Forest. A detailed Guide book incorporating all the information on the various displays along the walk is available on www.blanemoreforest.com Or click this link
Important information NOTE! For emergencies dial 999 or 112.	NOTE THAT YOU ENTER AT YOUR OWN RISK. THIS IS A COILLTE OWNED, WORKING WOODLAND FOR TIMBER HARVEST AND DILIGENT ATTENTION TO HAZARDOUS TERRAIN IS ESSENTIAL. All walkers enter at their own discretion and no liability is accepted for any injuries sustained when participating on any aspect of the walk. - whether guided or otherwise. Please keep to the track-ways and care must be taken as underfoot conditions may be boggy, wet and slippery. Do not litter, light fires or disturb plants, wildlife or archaeology. Also no digging or moving of in-situ rocks or stones. Thank you!

Moygownagh Loop Walk



Location (click on google maps link here)	Moygownagh, Co. Mayo
Format – Linear or Looped	All looped
Ascent - total ascent in meters	Blanemore Forest Walk – gradual 20m ascent and descent Moygownagh Loop Walk – Red Very gradual 40m ascent and descent
Grade - see p. 24 in www.irishtrails.ie/Sport_Ireland_Trails/Publications/Trail_Development/Classification_Grading_of_Recreational_Trails.pdf	All the walks are of easy to moderate difficulty. The red walk can be considered hard due to its length. Blanemore Forest Walk – Class 3 - Green coded walk- easy, short 1-2hrs duration, suitable for all levels of fitness. Moygownagh Loop Walk – Class 2 - Red coded walk – hard, due to the length, 3-5hrs duration, suited for walkers with higher than average levels of fitness.
Time to walk the trail	Blanemore Forest Walk 1-2hrs duration Moygownagh Loop Walk 3-5hrs duration
Are dogs allowed?	Yes

Description of waymarking (colour of arrows and background)	Moygownagh Loop Walk – Red on white background.
Nearest town or village to start and distance from trailhead	Moygownagh Loop Walk begins in Moygownagh Village.
Services such as car parking, shops, restaurants/cafés, accommodation etc. available in above	Yes, Moygownagh village has accommodation, café, supermarket, public toilets, pub and car parking.
Any services such as car parking, toilets, shops, restaurants/cafés, accommodation etc. at trailhead	Blanemore Forest Walk has car parking at trailhead.
Start point	Moygownagh Loop Walk begins in Moygownagh Village by the church.
Grid reference of start point: (click on google maps link here)	Moygownagh Loop Walk 54.16113881606096 Latitude -9.345639240042146 Longitude
Finish point (if different from start)	Same
Grid reference of finish point (if different from start)	Same
More Information	www.Moygownagh.ie
OSI Discovery Series map sheet number/s	23
Trail management details for public to contact, regarding any queries or issues	Moygownagh Community Council, The Community Centre, Moygownagh, Co. Mayo Email: moygownaghe@eircom.net http://www.moygownagh.ie
Public transport (bus or train)	Bus Eireann, no. 455 Ballina-Moygownagh-Crossmolina (Tuesdays only)
Brief description of trail: NOTE! For emergencies dial 999 or 112.	<p>Moygownagh is a village on the R315, 8 kilometres north of Crossmolina and twenty kilometres from Ceide Fields.</p> <p>It is noted for its strong community ethic as well as some fine archeological sites and the diverse landscapes of bogland, commercial Coillte conifer forest, dispersed family-farm settlements and deciduous woods of an old Anglo-Irish estate. These trails are situated in an area of rich cultural significance. This walk also incorporates part of the Blanemore Forest Walk.</p> <p>Ancient ringforts, the remains of court tombs, pre bog stonewalls, a standing stone, and stone alignment as well as a flourishing variety of place names and local stories, some of which are alluded to on mapboards along the Green walk. The nearby Keerglen and Táin Bó Flidhais mythological tale is another such example. This is an area of cattle and sheep rearing with some additional forestry plantations. Over the centuries the bogs have grown to cover and preserve monuments such as the court tombs. A number of small streams drain the land flowing to join the Owenmore river and eventually into Rathfran Bay above Killala.</p> <p>The walks are situated on quiet boreens and country roads more often single track with grass growing down the centre.</p>

